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HEALTH FOODS
Compiled by T. R. Liao

TB 80-18 December 1980

An introduction to the topic appears in:

Miller, Marjorie Ann. Introduction to health foods. Los Angeles, Nash Pub., c1971. p. 11-17. TX355.M5

SUBJECT HEADINGS used by the Library of Congress, under which books on health foods can be located in most card, book, and online catalogs, include the following:

FOOD, NATURAL (Highly relevant)
BEAN CURD (Relevant)
BEAN SPROUTS (Relevant)
COOKERY (BEAN CURD) (Relevant)
COOKERY (NATURAL FOODS) (Relevant)
COOKERY (SPROUTS) (Relevant)
COOKERY (WHEAT GERM) (Relevant)
FOOD, RAW (Relevant)
FOOD, WILD (Relevant)
GINSENG (Relevant)
HIGH-FIBER DIET (Relevant)
NUTRITION (Relevant)
NUTS (Relevant)
SPROUTS (Relevant)
SUNFLOWER SEED (Relevant)
VEGETARIAN COOKERY (Relevant)
VEGETARIANISM (Relevant)
YOGURT (Relevant)
VITAMINS (Related)

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BASIC TEXTS

Hunter, Beatrice Trum. The natural foods primer; help for the bewildered beginner. New York, Simon and Schuster, 1972. 156 p. TX355.H85*

Margolius, Sidney K. Health foods: facts and fakes. New York, Walker, 1973. 293 p. TX355.M35 1973

*Available in the reference collection, Science Reading Room

Organically grown foods; what they are and why you need them, by the staff of Organic gardening and farming. Edited by William H. Hylton. Emmaus, Pa., Rodale Press, Book Division, 1973. 98 p. TX355.073

Rye, June. Be healthy and fit the wholefood way: a book for all those interested in good health through a better understanding of the basis of nutrition and the use of natural foods. Cape Town, H. Timmons, 1977. 256 p. RA784.R93

Seddon, George, and Jackie Burrow. The natural food book. New York, Rand McNally, 1977. 240 p. TX369.S42

Shepard, Sigrid M. Natural food feasts from the eastern world: China, Japan, India, Indonesia, the Middle East. New York, Arco Pub. Co., 1979. 455 p. TX724.5.A1S44 1979

Weiner, Albert. Doctor Weiner's Miracle diet for health and longevity. West Nyack, N.Y., Parker Pub. Co., c1978. 249 p. RA784.W43 1978

ADDITIONAL TITLES

Albright, Nancy, and others. Rodale's naturally great foods cookbook: the best foods to use and how to use them in over 400 original recipes. Emmaus, Pa., Rodale Press, c1977. 408 p. TX369.A42

Clinkard, C. E. The uses of juices extracted from raw fruits and vegetables. Rev. ed. Auckland, Whitcombe and Tombs, 1973. 32 p. TX401.C58 1973

Kirban, Salem. The getting back to nature diet. New Canaan, Conn., Keats Pub., 1979. 193 p. RA784.K48

MacHovec, Frank J. Health foods & fads: facts and fiction. Mount Vernon, N.Y., Peter Pauper Press, c1974. 64 p. TX353.M253

Patten, Marguerite. Health food cookery. London, New York, Hamlyn, 1972. 80 p. TX837.P33

Tobe, John H. The miracles of live juices and raw foods. St. Catharines, Ont., Provoker Press, c1977. 204 p. RM255.T62

Toms, Agnes. Natural foods: meals & menus for all seasons. New Canaan, Conn., Keats Pub., 1973. 181 p. TX715.T673

Wade, Carlson. Health food recipes for gourmet cooking. New York, Arc Books, 1969. 264 p. TX715.W129 1969b

Wertheim, Alfred H. The natural poisons in natural foods. Secaucus, N.J., L. Stuart, c1974. 198 p. RA1258.W47

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Business Communications Co. Natural and health food markets. Stamford, Conn., Business Communications Co., 1978. 134 p. (Business opportunity report, GA-037) HD9004.B83 1978

Donn, Edward S. Pioneer wilderness food: old fashioned recipes and modern nutrition for high energy adventure. Mountain View, Calif., Rodas Publications, c1978. 139 p. TX823.D58

Flath, Carl I. The miracle nutrient: how dietary fiber can save your life. New York, M. Evans and Co., 1975. 169 p. RC861.F56

Frost & Sullivan. Health foods and natural vitamins market. New York, Frost & Sullivan, 1979. 285 p. HD9005.F76 1979

Goulart, Frances Sheridan. Bone appétit: natural foods for pets. Seattle, Pacific Search Books, c1976. 95 p. SF427.4.G68

Kulvinskas, Viktoras P. Nutritional evaluation of sprouts and grasses. Wethersfield, Conn., Omango D'Press, c1978. 152 p. TX558.S78K84

Larimore, Bertha B. Sprouting for all seasons: how and what to sprout, including delicious, easy-to-prepare recipes. Bountiful, Utah, Horizon Publishers, c1975. 139 p. TX801.L34

Moore, Shirley T., and Mary P. Byers. A vegetarian diet: what it is; how to make it healthful and enjoyable. Santa Barbara, Calif., Woodbridge Press Pub. Co., c1978. 120 p. TX392.M83
Bibliography: p. 115-118.

Munroe, Esther. Sprouts to grow and eat. Brattleboro, Vt., S. Greene Press, 1974. 119 p. TX801.M87

Rodale, Jerome Irving. The complete book of minerals for health. Emmaus, Pa., Rodale Books, 1972. 786 p. QP141.R537*

Shurtleff, William, and Akiko Aoyagi. The book of tempeh. New York, Harper & Row, c1979. 245 p. TX814.5.B4S54 1979

----- The book of tofu. Brookline, Mass., Autumn Press, c1975. 334 p. TX558.B39S58*

Sourcebook on food and nutrition. 2d ed. Chicago, Ill., Marquis Academic Media, c1980. 484 p. QP141.S567 1980*

Thompson, Ann. The organic baby food book. New York, Trident Press, 1973. 192 p. TX740.T42

READEX FICHE

HANDBOOKS, ENCYCLOPEDIAS and DICTIONARIES that contain information on health foods include:

Carroll, Anstice, and Embree De Persiis Vona. The health food dictionary with recipes. Englewood Cliffs, N.J., Prentice-Hall, 1973. 200 p. TX349.C39

Dinaburg, Kathy, and D'Ann Ausherman Akel. Nutrition survival kit: a natural foods recipe and reference guide. San Francisco, Panjandrum Press, c1976. 248 p. TX741.D56

Doyle, Rodger P. The vegetarian handbook: a guide to vegetarian nutrition and foods. New York, Crown Publishers, c1979. 182 p. TX392.D68

Fryer, Leland N., and Annette Dickinson. A dictionary of food supplements: a guide for buying vitamins, minerals, and other foods for health. New York, Mason/Charter, 1975. 207 p. TX349.F79*

Guide to organic foods shopping and organic living. Compiled by Organic gardening and farming, and Prevention. Edited by Jerome Goldstein and M. C. Goldman. Emmaus, Pa., Rodale Press; distributed by D. McKay Co., New York, 1970. 119 p. TX356.G85

Natural foods and your health food store: what's in it for you? By the editors of Nutritional update, and Healthful living today. New Canaan, Conn., Keats Pub., 1974. 142 p. TX349.N3

Peterson, Vicki. The natural food catalogue. London, Macdonald and Jane's, 1978. 160 p. TX353.P43 1978b

Riker, Tom, and Richard Roberts. The directory of natural and health foods: sourcebook for a dietary revolution. New York, Putnam, c1979. 320 p. TX369.R54 1979

Rodin, Marscell. The organic gourmet: an easy-to-read, practical guide for the purchase, storage, and preparation of natural foods. 2d ed. San Rafael, Calif., Rodin, c1978. 104 p. TX369.R63 1978 v. 1

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Berrange, Petro. Natural foods: nutritional value; a bibliography. Johannesburg, University of the Witwatersrand, Dept. of Bibliography, Librarianship and Typography, 1972. 59 p. Z5776.F7B47

Loewenfeld, Claire. Everything you should know about your food. London, Boston, Faber and Faber, 1978. 288 p. TX369.L63
Bibliography: p. 273-277.

National Nutrition Education Clearing House. Vegetarians and vegetarian diets. Rev. Berkeley, Calif., The Society, 1978. 12 p. (Nutrition education resource series, no. 8) Z5776.V44N38 1978

Schwartz, Diane. Vegetable cookery; a selected annotated bibliography. Bronx, N.Y., Council on Botanical and Horticultural Libraries, 1978. 24 p. (Plant bibliography, no. 2)
Z5776.V44S37

Whelan, Elizabeth M., and Fredrick J. Stare. Panic in the pantry: food facts, fads, and fallacies. New York, Atheneum, 1975. 231 p. TX553.A3W45 1975
Bibliography: p. 205-222.

ABSTRACTING AND INDEXING SERVICES that index relevant journal articles and other literature are listed below. Some suggested terms are given as aids in searching.

Bibliography of Agriculture (1942-) Z5073.U572*
See: Foods
Health
Nutrition
Organic
Wild

Food Science and Technology Abstracts (1969-) TP368.F678*
See: Dietetic Foods
Health Foods
Nutrition

General Science Index (1978-) Z7401.G46*
See: Food
Nutrition

Magazine Index (1976-) uncataloged
See: Food, Natural

Nutrition Abstracts and Reviews (1931-) RM214.N8*
See: Foods
Human Health
Nutrition

Readers' Guide to Periodical Literature (1900-) AI3.R45
See: Food
Food, Organic

JOURNALS that often contain articles relevant to health foods are

American Dietetic Association. Journal RM214.A6
Family Health RA773.F17
Food, a Journal of Hygiene and Nutrition RM214.F7
Health Foods Business HD9001.H44
Health Foods Retailing HD9321.1.H4
Journal of Nutrition RM214.J6
Mother Earth News AP2.M7919
Organic Gardening S605.5.07
Prevention RA421.P68

Note: Consult reference librarian for location of abstracting and indexing services in the Science Reading Room.

REPRESENTATIVE JOURNAL ARTICLES

Hanson, Dennis. Grocery and health foods. Audubon, v. 81, Mar. 1979: 18. QL671.A82

Health food hassle. Consumers digest, v. 18, July/Aug. 1979: 12. TX335.A1C648

Health foods: supermarket style. Family health, v. 10, Sept. 1978: 40-43. RA773.F17

Honey: is it a health food or just another sweetener? Glamour, v. 76, Sept. 1978: 54. TT500.G46

In the land of raw milk and honey. Consumer reports, v. 45, July 1980: 415. TX335.A1C6

Mano, D. Keith. Health food. National review, v. 30, Mar. 3, 1978: 291-292. AP2.N3545

Rhee, Ki Soon, and Alice C. Stubbs. Health food users in two Texas cities. In American Dietetic Association. Journal, v. 68, June 1976: 542-545. RM214.A6

Schultz, Dodi. "Health" foods may be anything but healthful. Science digest, v. 86, Aug. 1979: 82-83. Q1.S383

Solomon, Neil. High-health food tips. Cosmopolitan, v. 189, July 1980: 158-162. AP2.C8

Soybeans: meat without bone. Social policy, v. 8, Mar./Apr. 1978: 12-15. HN51.S54

Stephenson, Marilyn. The confusing world of health foods. FDA consumer, v. 12, July/Aug. 1978: 18-22. HD9000.9.U5A1735

Whalen, Elizabeth, and Fredrick J. Stare. Health news. Weight watchers, v. 13, Aug. 1980: 14-16. RM222.2.W32

REPORTS and other types of literature are indexed in the following guides:

Government Reports Announcements & Index (1946-) Z7916.G78*
See: Food

Monthly Catalog of United States Government Publications (1895-) Z1223.A18*
See: Food

SELECTED TECHNICAL REPORTS sold by the National Technical Information Service, Springfield, Virginia 22161, include the following:

Darby, William J., and others. Protective effects of certain natural foods against whole-body irradiation. Nashville, Tenn., School of Medicine, Vanderbilt University, 1961. 20 p. PB 163-555**

Sims, Laura S. Nutrition information sources for health food users. Bloomington, Ind., Dept. of Home Economics, Indiana University, 1975. 19 p. HRP-0006674/6ST**

A Study of health practices and opinions. Philadelphia, Pa., National Analysts, Inc., 1972. 365 p. PB 210-978**

SELECTED MATERIALS available in the Science Reading Room pamphlet boxes include:

Acerola and acidophilus: a health food dictionary. Prevention, v. 30, Sept. 1978: 164-165.

Adcock, Cynthia L. Strawberries--the luscious health food. Organic gardening, v. 26, June 1979: 92-95.

Alfalfa and amaranth: a health food dictionary. Prevention, v. 30, Oct. 1978: 154-155.

Bioflavonoids: a health food dictionary. Prevention, v. 30, Dec. 1978: 174-175.

Bran: a health food dictionary. Prevention, v. 31, Mar. 1979: 201-202.

Brown, Marlene. The good health food guide. Better homes and gardens, v. 57, Jan. 1979: 96-104, 106, 108, 114, 116-120, 122, 124.

Carob: a health food dictionary. Prevention, v. 31, Aug. 1979: 162, 164.

Cherries, cranberries and dandelion: a health food dictionary. Prevention, v. 31, Sept. 1979: 178, 180.

Fish and fish-liver oil: a health food dictionary. Prevention, v. 31, Nov. 1979: 93-95.

Granola: a health food dictionary. Prevention, v. 32, Jan. 1980: 135, 137.

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Health foods: are they worth it? Glamour, v. 78, Jan. 1980: 172.

Kinderlehrer, Jane. Kitchen classrooms for health food chefs. Prevention, v. 30, Aug. 1978: 137-138, 142-143.

Sherman, Carl. The ideal pharmacy would have both medicine and health foods. Prevention, v. 30, Dec. 1978: 142-144, 146, 148-149.

ADDITIONAL SOURCES of information are

American Prevention Institute
1425 Engracia Avenue
Torrance, California 90501
Telephone: (213) 328-6338

The Mother Earth News
P.O. Box 70
105 Stoney Mountain Road
Hendersonville, North Carolina 28791
Telephone: (704) 693-0211

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